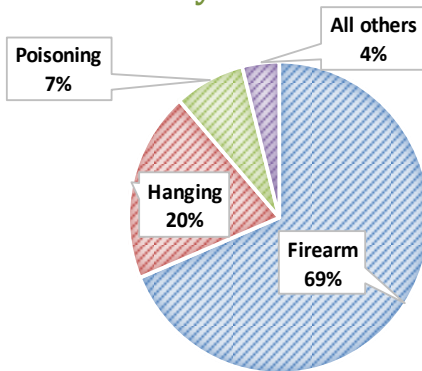


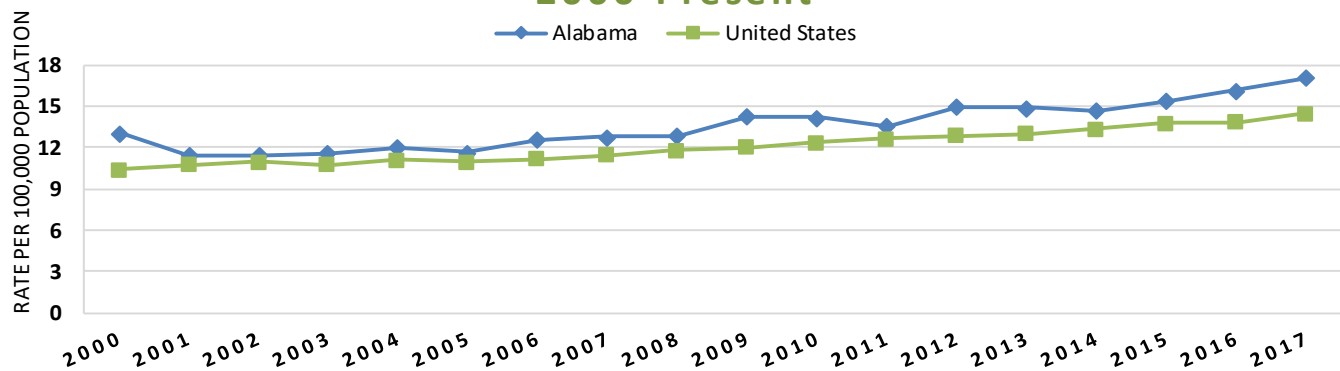
Alabama Suicide Fact Sheet

2017 Alabama Suicide by Method



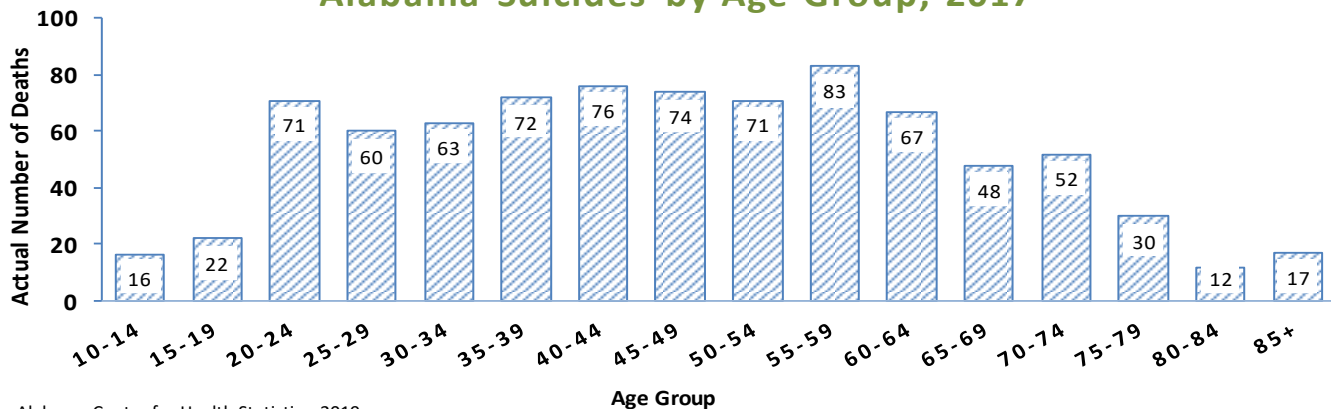
- ❖ Based on National 2017 death statistics, suicide is the **10th leading cause of death for all ages** and the **2nd leading cause of death for youth and young adults** between the ages of 10-34 years old (Centers for Disease Control and Prevention (CDC) 2019).
- ❖ A person dies by suicide every 11 minutes in the United States; and an estimated **1.4 million people attempted suicide** in the U.S. in 2017 (CDC 2019).
- ❖ Suicide was the **11th leading cause of death in Alabama** with 834 citizens lost to suicide in 2017, as compared to 601 deaths due to homicide.
- ❖ The majority of suicides completed in Alabama are by firearms (69 percent). This is also true when categorized by males (72 percent) and females (55 percent).

Suicide Rates in United States and Alabama, 2000-Present



- ❖ The 2017 suicide rate in Alabama was **17.1 per 100,000 population**. Alabama has shown a pattern of **higher rates than the U.S. national average** since 1990, including the most recently available national rate of 14.5 per 100,000 population (2017).

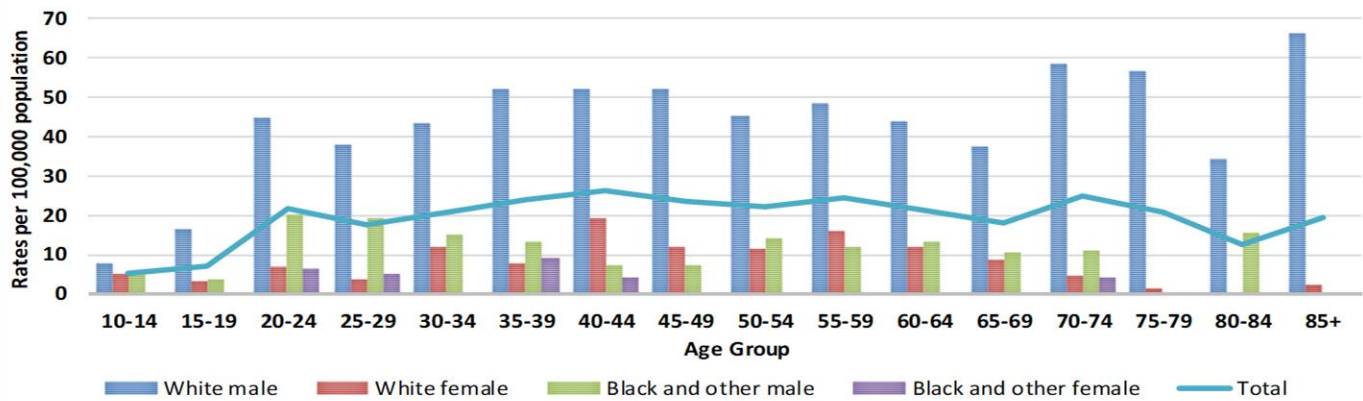
Alabama Suicides by Age Group, 2017



- ❖ In 2017, **109** youth and young adults between the ages of 10 and 24 died by suicide in 2017 with **71** of those deaths in young people ages 20-24. Suicide rates are **highest among the White, non-Hispanic population, particularly males**. Of the 834 suicides in Alabama, 750 were completed among the White, non-Hispanic population.

*The state of Alabama abides by the mandate of the World Health Organization which states that any death of a child under the age of 10 cannot be declared a suicide.

Alabama Suicide Rates by Age, Race, and Sex, 2017



Alabama Center for Health Statistics, 2019

Myths About Suicide

Myth #1: No one can stop a suicide.

• **Fact:** If a young person gets the help they need, they are less likely to be suicidal again.

Myth #2: Confronting a person about suicide will only make them angry and increase risk of suicide.

• **Fact:** Asking about suicide lowers anxiety, opens up communication, and reduces risk of impulsive acts.

Myth #3: Suicidal people keep their plans to themselves.

• **Fact:** Most suicidal people communicate their intent at some point near their attempt.

Myth #4: Those who talk about suicide don't do it.

• **Fact:** People who talk about suicide may try or even complete it.

Myth #5: Once a person decides to complete suicide, there is nothing anyone can do to stop them.

• **Fact:** Suicide is one of the most preventable kinds of death.

Myth #6: Most suicides happen during the holidays.

• **Fact:** There are seasonal variations in suicide rates.

Risk Factors

- Previous suicide attempt
- Alcohol or drug abuse
- Mental Illness
- Depression
- Strong wish to die or preoccupied with death
- Current talk of suicide or making a plan
- Giving away prized possessions
- Recent attempt by friend or family member
- Feeling hopeless, helpless, or worthless
- Social Isolation
- Mental Illness

Protective Factors

- Network of family or friends (social support)
- Marital Status
- Religiosity or Spirituality
- Reduced access to lethal means

For more information, please visit:

Alabama Department of Public Health: www.alabamapublichealth.gov

Alabama Suicide Prevention and Resource Coalition: www.asparc.org

American Association of Suicidology: www.suicidology.org

American Foundation for Suicide Prevention: www.afsp.org

TOLL FREE HOTLINE NUMBER: 1-800-273-TALK (8255)



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